

2.14.201

LAMB KORMA

Korma is another well-known dish served in Indian restaurants and the most popular korma is lamb. Those who have not tried korma before will appreciate the beautiful sensation of crunching through nuts while you are eating a tasty meat dish, all cooked in a sauce that seems to complement both the flavours - of the nuts and the meat. The secret of korma is the use of saffron; although it may seem very expensive it is the most essential part of this dish. It adds greatly to the delicate flavour.

78
6/16
1/8
6.00
5/11
2.00
6/8
6/8
2/4
5/1
6/8
2.00
2/4
4/8
5/1

IMPERIAL/METRIC	AMERICAN
1 lb./450 g. lean lamb	1 lb. lean lamb
1/2 teaspoon saffron	1/2 teaspoon saffron
3-4 tablespoons boiling water	1/2 cup boiling water
2 oz./50 g. unsalted cashew nuts	1/2 cup unsalted cashew nuts
3 green chillis	3 green chillis
1 oz./25 g. fresh ginger	1 1/2 tablespoons chopped fresh ginger
1-inch/2.5-cm. stick cinnamon	1-inch stick cinnamon
1/2 teaspoon cardamom seed	1/2 teaspoon cardamom seed
6 cloves	6 cloves
3 cloves garlic	3 cloves garlic
2 teaspoons coriander powder	2 teaspoons coriander powder
1/2 teaspoon cummin seed	1/2 teaspoon cummin seed
1/2 pint/3 dl. water	1 1/2 cups water
4 oz./100 g. ghee	1/2 cup ghee
1 large onion	1 large onion
1 teaspoon salt	1 teaspoon salt
1/2 pint/3 dl. yogurt	1 1/2 cups yogurt
1 tablespoon chopped fresh coriander	1 tablespoon chopped fresh coriander
2 teaspoons lemon juice	2 teaspoons lemon juice
fresh coriander	<i>For garnish</i> fresh coriander

- 1 Ensure that the lamb is completely free of fat and is cut into 1-inch cubes. Leg or shoulder are the best cuts to get.
- 2 Place the saffron in a bowl and pour on to it approximately 3 or 4 tablespoons of boiling water. Let it infuse for 10 minutes.
- 3 Meanwhile, add the cashew nuts, chillis, chopped ginger, cinnamon, cardamoms, cloves, garlic, coriander and cummin seeds to a liquidiser together with 1/2 pint of water and blend for 2 minutes until you have a smooth purée.
- 4 Now heat the ghee until very hot (a good test of this is that the water flicked into it splutters instantly). Slice the onions, and fry in the ghee until golden brown. Stir in the salt and the blended spices and the yogurt. Cook gently for about 5 minutes stirring occasionally.
- 5 Add the lamb pieces turning to ensure that they are well coated. Now add the saffron together with the water in which it has been soaking and reduce the heat to very low. Cook for 20 minutes in a covered pan, stirring occasionally.
- 6 Add a tablespoon of fresh coriander and cook for another 10 minutes, until the lamb is tender.
- 7 Serve in a heated dish with lemon juice and garnished with the rest of the coriander.

